

Pilot training; Oslo, Norway 24th April 2014; Post trauma interventions for hard of hearing and deaf individuals

The 24th of April the pilot trainings of the EUNAD project took place at the Norwegian center for hearing and mental health, Oslo University Hospital

Background; What, Where & Who

The pilot training was located at Norwegian center for hearing and mental health, Oslo University Hospital. The staff of the center is specialized in the assessment and treatment of mental health disorders in hearing impaired people and has in depth skills and knowledge of the diverse communication modes of the clients, their cultural background, and specific developmental aspects and psycho-social challenges associated with being deaf, hard of hearing or deaf-blind. The participants were mainly clinicians with psychological/medical background. Several of the therapists are skilled sign language users. Twenty five participants attended the lectures and discussion. The sessions were translated into sign language.

Program

The main goal of this training was to expand the knowledge on specific trauma treatment to a specialist unit on mental health and hearing. The participant's work as clinicians and their target group of patients are deaf, hard of hearing or deaf-blind individuals. Another goal was to establish collaboration between the Norwegian center for hearing and mental health and Norwegian Centre for Violence and Traumatic Stress Studies.

Hanne Urnes, Marianne Bang Hansen – Introduction to the training, short presentation to the EUNAD project.

Trond Heir - Common reactions during and after accidents, disasters and crisis.

Live Hoaas - Cognitive therapy for trauma

Marianne Jacobsen - Eye Movement Desensitization and Reprocessing (EMDR) as trauma treatment; highlighting non-verbal aspects.

Outcome

The initiative and the sessions were positively evaluated. The staff at the Norwegian center for hearing and mental health has during the last year gone on to learn more about trauma treatment and there is a growing interest for this, as several of the referrals has this as a topic. This made the timing of the pilot training very convenient. The EMDR session was received as a very concrete way of working with traumatized individuals with hearing loss, as the use of language is reduced to a minimum.

Trond Heir and Marianne Bang Hansen, Norwegian Centre for Violence and Traumatic Stress Studies.